


PLACES OF WORSHIP

Life is a desert...
Be Refreshed!

Life is unpredictable, and sometimes it can leave you feeling exhausted, barren, and thirsty - inside. **This isn't the kind of "thirst" that a tall glass of water or a good night's sleep can fix.** It runs deeper than that.

We all need the kind of spiritual refreshment and strength of heart that only God can give. If you're finding that external solutions are not meeting the deepest needs of your life, then **be refreshed - truly refreshed - at Hillcrest Baptist this Sunday!**


4710 Hercules Ave. • El Paso, TX 79904
915-755-0400

In His Steps television - Mondays at 7:30pm
on El Paso channel 38
In His Steps Radio - 10:00am on Sundays on AM1590

Pastor Leonard Himes and his wife, Lisa

New Hours Starting Aug. 6

Sunday Worship & Period "A" Bible Study	9:15am
Sunday Worship & Period "B" Bible Study	10:30am
Sunday evening service	6:00pm
Wednesday evening service	7:00pm

hillcrestbaptist.cc


El Paso Bible Church

"What Does God Say?"

5730 Saplinas El Paso, TX 79932; (915) 585-3360
Sunday School, 9:30 am Worship Service, 10:30am
Kid's Konnection 6:30 pm (Wed. Nights)


Josh Meier, Th.M.- Pastor

Free Grace-Expository Preaching-Independent-Elder Led
www.elpasobiblechurch.org epbc@sbcglobal.net

Community Baptist Church

7801 Phoenix Dr. 598-7778

Take I-10 East to McRae exit, turn right on Giles, go left at the first light. The Church is on the corner of Phoenix & Giles.


Pastor
Rev. Milton M. Walker, D.D.

SUNDAY

9:30 am	Sunday School
10:45 am	Praise Service
11:00 am	Morning Worship
The Lord's Supper	1st Sunday
Baptism	4th Sunday

WEDNESDAY

7:00 pm	Prayer Meeting & Bible Study
---------	------------------------------

Skyline Baptist Church

10061 Rushing Rd., El Paso, TX • 755-0777

(Between Transmountain and Fairbanks and across from EP Fitness)

"Your church home in Northeast El Paso"

Sunday Fellowship 9:15 a.m.	Sunday School for All 9:45 a.m.
Morning Worship 11:00 a.m.	Evening Worship 6:00 p.m.
Wednesday Evening 7:00 p.m.	

www.sbcelpaso.org • skyline@sbcelpaso.org

Antioch Baptist Church

"To be the people of God, on mission with God"

Pastor Larry Johnson & Evangelist Marilyn Johnson

Sunday School: 9:30am
Worship Service: 11am
Prayer & Bible Study: Wednesday 7pm

526-2409
8500 DYER, STE. 34
Sunrise Mall

ALL SAINTS EPISCOPAL CHURCH

"The Church with Open Minds, Open Hearts, Open Doors"

3500 MCRAE (off Montana)

HOLY EUCHARIST SUNDAY 7:30 a.m. & 10:30 a.m.

DAY SCHOOL - 598-0724
Day School Pre-K thru 2nd Grade - 922-9579

Military Discount Available **CALL 598-0721** DAY CARE / DAY SCHOOL

Park Hills Christian Church


5701 Alabama Street El Paso, TX 79904

Park Hills Christian Church is a Bible based independent *Non-Denominational* church located in El Paso, Texas.

In addition to our weekly church services, we offer educational classes, support groups, youth groups and ministries that extend into Mexico.

Sunday School - 9:45am
Sunday Worship - 10:50am
Celebrate Recovery Wed - 6:58pm

Office (915) 566-1771
Pastor (915) 494-3148
Wally Chapman


www.parkhillchurch.org

Near Fort Bliss

Bethel Church

CHURCH OF GOD IN CHRIST

4332 East Missouri Avenue • El Paso

SUNDAY

Sunday School	9:30 a.m.	TUESDAY	Bible Band	6:45 p.m.
Morning Worship	11:00 a.m.		Home and Foreign	7:30 p.m.
			Mission	
			Pastoral Teaching	8:15 p.m.

THURSDAY

Prayer	7:00 p.m.	"Hear the Word & Live"
Brotherhood/ Youth Night	7:30 p.m.	

Pastor Eugene & Missionary Edwina Moore
Office: 915.566.6437 • Home: 915.593.2778 • Cell: 915.667.2606
Texas Western Jurisdictional "AIM" Coordinator • President Jurisdictional YPWW



HOLY LIGHT CHURCH OF GOD IN CHRIST

5928 Trowbridge Drive • El Paso, TX 79905

SUNDAY

9:00 am Morning Worship
10:15 am Sunday School
11:30 am Mid-Day Service

TUESDAY

7:30 pm Prayer & Bible Study

778-1749
Fax: 915.775.1961

For This Age,
JESUS is GOD's
Only **SALVATION PLAN**


Website: holylightcogic.com

BISHOP J.O. LAWSON, Ph.D.
Pastor-Holy Light COGIC
Prelate-Texas Western Jurisdiction
Church of God in Christ

ST CLEMENT CHURCH OF

The Rev. William C. Cobb, Rector
The Rev. Bill Francis, Associate

Anchored in Christ, Living in Community, Serving in the Spirit
810 N. CAMPBELL (AT MONTANA) 533-4915 www.stclements.com

**LOOKING FOR A CHURCH HOME?
PLEASE JOIN US!**

SUNDAY SERVICES *Nursery & Kid's Connection available

8:30 am	Traditional Worship*
10:00 am	Adult Christian Education*
11:00 am	Contemporary Worship*
4:00pm	San Clemente (Español)
5:00 pm	Jr. & Sr. High Youth Groups

**Spirit-filled worship...
Biblical teachings...
great children's and youth ministries!**

ALPHA!
Every Wednesday at 5:30pm (with dinner)

Sunrise Baptist Church


"Proclaiming God's truth through traditional values"

Sunday:
Fellowship 9:30am
Sunday School 9:45am
Worship 11:00am
Bible Study 5:30pm

Wednesday:
Dinner 6pm
Bible Study 6:45pm

4225 Volcanic Ave. • 915-440-4909

From Ft. Bliss, take 54 to Dyer/Hercules Exit, turn left on Hercules, left on Gateway
sunrisebc@att.net - member of the sbc/sbct



A small fish in a big pond can still make waves

CHAPLAIN (MAJ.) MATTHEW AHN
Installation Resource Manager

After you throw a small rock into the middle of a small pond, what are you going see there? You will see many waves are spread out throughout the pond from the middle of the pond to its boundary. What is your thought that comes to your mind when you see the spreading waves throughout the pond? Everyone might have different thoughts on that.

What I thought about the waves was that it was the continuous movement of a big impact that a small rock made throughout the small pond. It gave me a lesson that an individual person may make a tremendous impact on a family, neighbor, society, unit, garrison, the

Army, a country and the world. I would say there are three impacts that an individual may make: a positive impact, a negative impact or no impact.

What kind of reputations do we have with other people around us? Are we indispensable beings that everyone needs and is looking for? Or are we useless human beings that nobody needs? Or are we people that everyone hates? As a member of family, society, organization, the Army, our nation and the world, what kind of impact have we made on them, and are we going to make for the rest of our lives?

Have you thought about how we are going to be remembered by people when we finish our journeys of life? If we want to make a powerful impact and to

leave a legacy in this world, we must have a correct understanding of the meaning of success. Many people believe their success can be measured by how much rich they are, how much powerful they are, and how much famous they are. Their focus is only for their safety and their success. However, I would like to see that the real meaning of success should not be measured by just such wealth, power, position, and fame, but by how much have we shared what we have with others and how much have we contributed to society and the world through lives of sacrifice and passion.

Let us see the lives of Abraham Lincoln, Martin Luther King Jr., Albert Schweitzer and Mother Theresa. What

comes to your mind when you think about their lives? Yes, they were very compassionate, selfless and faithful. They had a great vision. They left a great legacy to this world and contributed tremendous gifts to the world. Their contribution is really immeasurable. I would like to say they truly lived the successful lives.

Human beings' lives are really short. For these short lives, what are we going to do and how are we going to live in this world? Shall we have an awesome dream and vision that we are going to accomplish to make a powerful impact to the people in this world? When we live these beautiful lives, we will make a big impact, like waves that are spreading throughout the pond.

Religious Schedule

Protestant Worship Services		
Center Chapel One (Bldg. 315)		
Protestant Service	10 a.m.	
Center Chapel Three (Bldg. 1441)		
Latter Day Saints	1:30 p.m.	
Center Chapel Four (Bldg. 2498)		
H.O.P.E. Service	9 a.m.	
Center Chapel Five (Bldg. 5312)		
German Protestant Service	9:15 a.m.	
Sage Hall (Bldg. 311)		
Centurion Gospel Service	8:45 a.m.	
Biggs Airfield Chapel (Bldg. 11275)	10 a.m.	
WBAMC Hospital Chapel	10 a.m.	
The Rock (Bldg. 195) Chapel with a beat!	11 a.m.	
McGregor Range Chapel		
Sunday Protestant Service	6 p.m.	
Sunday Latter Day Saints	7 p.m.	
Protestant Religious Activities		
Sunday		
Children's Church, CC1 (Bldg. 449)	10:15 a.m.	
Adult Bible Study, CC1 (Bldg. 451)	11:15 a.m.	
Sunday School, Hope (Bldg. 2498)	10:30 a.m.	
Sunday School, Biggs Chapel Annex	9 a.m.	
Monday		
Handbell Choir, Bldg. 444	7 p.m.	
Tuesday		
Adult Bible Study, CC1 (Bldg. 449)	9:30 a.m.	
Single Soldier Bible Study, Hope (Bldg. 2498)	6:30 p.m.	
Choir Rehearsal, Sage Hall (Bldg. 331)	6:30 p.m.	
Wednesday		
Adult Choir Rehearsal, CC1 (Bldg. 440)	7 p.m.	
Children's/Teen Choir, Sage Hall (Bldg. 331)	5:30 p.m.	
PWOC, CC1 (Bldg. 449)	9:30 a.m.	
Adult Bible Study, Biggs Chapel Annex	7 p.m.	
LDS Bible Study, CC3 (Bldg. 1441)	6:30 p.m.	
Thursday		
Worship Band Rehearsal, Hope (Bldg. 2498)	7 p.m.	
Bible Study, Sage Hall (Bldg. 331)	5 p.m.	
Choir Rehearsal, Biggs Chapel (Bldg. 11275)	7 p.m.	
Saturday		
1st Sat PMOC Bible Study, CC1 (Bldg. 440)	8 a.m.	
Battle Cry Youth Group		
Sunday, Youth Center (Bldg. 195)	4 to 6 p.m.	
Thursday, Biggs Chapel Annex	6:30 to 7:30 p.m.	
Friday Home School Edition, YC (Bldg. 195)	11:30 a.m. to 1 p.m.	
Catholic Worship Services		
Saturday		
Center Chapel 2 (Bldg. 1542)		
Confession	3 p.m.	
Mass	4 p.m.	
Sunday		
Center Chapel 2 (Bldg. 1542)		
Rosary	10:30 a.m.	
Sunday Mass	8 a.m., 11 a.m.	
Daily Mass	11:35 a.m.	
Holy Day Of Obligation Mass	5:30 p.m.	
Center Chapel 1 (Bldg. 315)		
Holy Day Of Obligation Mass	11:35 a.m.	
WBAMC Catholic Services		
Saturday		
Hospital Chapel Mass	5 p.m.	
Sunday		
Hospital Chapel Mass	8:30 a.m., 11:30 a.m.	
German Catholic Services		
Sunday		
Chapel 5, Robert E. Lee Road (Bldg. 5312)	10:30 a.m.	
McGregor Range Catholic Services		
Saturday Catholic Mass	6 p.m.	
Catholic Religious Activities		
Sunday		
Religious Formation, CC1 (Bldg. 449)	9:45 a.m.	
RCIA, Bldg. 451	9:45 a.m.	
Adult Bible Study, Bldg. 442	9:45 a.m.	
Adult Confirmation, Bldg. 451	9:45 a.m.	
Liturgy Of The Word/Child., CC2 (Bldg. 1542)	11:30 a.m.	
Monday		
Catholic Mass Choir Rehearsal, CC2 (Bldg. 1542)	6:30 p.m.	
Tuesday		
Catholic Mass Choir Rehearsal, CC2 (Bldg. 1542)	7 p.m.	
Friday		
MCCW, CC1 (Bldg. 449)	9 a.m.	
Saturday		
Catholic Mass Choir Rehearsal, CC2 (Bldg. 1542)	10 a.m.	
Islamic and Jewish Services		
Jummuh (Islamic Service)		
Friday, Bldg. 442	12:30 p.m. (MST), 1:30 p.m. (DST)	
Ta'aleem (Islamic Teaching)		
Tuesday, Bldg. 442	6:30 p.m.	
Jewish Service		
Friday, Center Chapel Three (Bldg. 1441)	8 p.m.	



**Senior Luxury
One Bedroom
Apartments Available**

SPECIAL
\$1,800 PER MONTH
for 6 mos.

Includes: All Utilities, Meals & More!
1 Bedroom Apartment, Month to Month Lease.

*Come By
For A Tour &
Have Dinner
With Us!*



RIO NORTE
Gracious Retirement Living

**1941 Saul Kleinfeld
856-6655**

“Rolphina, my wife of 57 years and I feel moving to Rio Norte 8 years ago was the best decision we could have made to enhance our retirement years. Once-Always.”

Captain Robert C. Nagel, USMC-WWII Vet



MILITARY DISCOUNT

**CALL TO MAKE YOUR
TEE TIME TODAY!**

\$27 +TAX
7 DAYS A WEEK

**GOLF & CART
SPECIAL**

**MUST REGISTER IN GOLF SHOP TO
RECEIVE THIS OFFER.**

Must present valid military identification. Valid Mon.-Thurs. Anytime, Fri., Sat. & Sun. After 11 a.m. Some restrictions apply. No Cash Value.

PAINTED DUNES • 12000 McCOMBS • 821-2122 • www.painteddunes.com

PLACES OF WORSHIP

6th Annual Pecan Festival

Friday, October 24, 5:00-8:00pm
Saturday, October 25, 8:00am-4:00pm

*Pecan Pies, Pecan-Red Enchiladas (awesome),
Pecan Crusted Chicken, and more (full meal \$8, or ala carte)*

ARTS & CRAFTS • ENTERTAINMENT
JUMPING BALLOON • RUMMAGE SALE

Fri.: Amateur Pecan Pie Competition
Sat.: Breakfast - Pecan Rolls & Mariachis

*** * FREE ADMISSION * ***

First Christian Church (Disciples of Christ)
901 Arizona Ave. • El Paso, TX 79902 • 533-6819



A FAMILY DENTAL OFFICE



- Healthcare Accepted
- Cosmetic Dentistry
- Hygienist on Staff
- Insurance Accepted & Processed
- Payment Plans Available
- Emergencies Welcome
- Nitrous Oxide Available

SPECIAL NOTICE: Subscribers to TRI-CARE DENTAL COVERAGE are allowed a cleaning and exam every 6 months at no charge to you.

**NORTHEAST
FAMILY
DENTAL**

**GOD BLESS
OUR TROOPS**

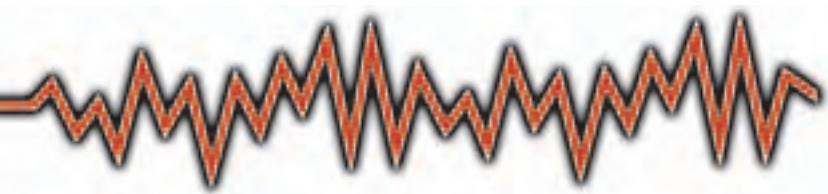
Dr. Glenn McReynolds

**5320 Will Ruth Ave.
751-3600**

HOURS:
MON.-FRI.
8 AM-12 PM
1-5PM



Healthbeat



Beaumont treats patients from mass casualty exercise

CLARENCE DAVIS III

WBAMC Public Affairs

The William Beaumont Army Medical Center medical team participated in a mock mass-casualty exercise Sept. 23, during which they cared for several “injured” patients.

In response to a mock chemical explosion on Fort Bliss, the WBAMC Emergency Operations Center was activated. The EOC team and other WBAMC staff reported to their respective places of duty in support of the exercise in accordance to WBAMC’s Medical Emergency Management Plan. Places of duty included the scenario site, where medical personnel assisted in the triage and evacuation of 28 patients from the site to WBAMC for decontamination and medical treatment, and the evacuation of another 10 patients to Las Palmas Medical Center.

“It is important that the leadership see the MEMP in operation for assurance that the right resources are available and the plan works,” said Maj. Todd Nicolson, chief of the WBAMC Readiness Division. “It is also a requirement by the Joint Commission Accreditation of Health Care Organizations that we have a mass-casualty exercise twice annually.”

Even though the scenario was an exercise, it was executed in real time. The scenario described the incident as a truck loaded with chlorine that overturned at Jeb Stuart South. Chlorine enters the body by inhaling contaminated air and can be consumed with contaminated food or water. However, it disperses rapidly and causes acute respiratory distress, said 2nd Lt. Faridal Mutalib, an environmental science officer and the decontamination team’s site leader.

It was important that medical support professionals identified any health threats before treating patients and admitting them to a medical facility, said Mutalib. If a contaminant or disease was found to be present, the medical staff had to move quickly to minimize the danger to anyone exposed.

Special emphases during the exercise were placed



JULIA YUBETA

Second Lt. Faridal Mutalib, kneeling, an environmental science officer and decontamination team site leader, gives instructions to team members during a Sept. 23 mock mass-casualty exercise.

on decontamination of patients upon their arrival for treatment and patient accountability throughout the evacuation and treatment process. The WBAMC decontamination team was a secondary decontamination site.

“Patients were sent through the Fort Bliss DECON site before being evacuated for treatment,” said Mutalib. “The monthly four-hour training scenarios prepare the team to meet real-world and exercise challenges.”

“There were several glitches, but we overcame them quickly because of our training,” Mutalib added.

Evacuation decisions were based upon various protocols. Before patients were evacuated from the site, they were triaged to determine their health status and tagged with identification bands to reflect that status.

“Triage is the process of sorting patients based upon the urgency of care and available resources,” said

Daniel Barnes, chief for triage with the Patient Administration Division. “Delayed, immediate, minimal and [psychological] were the triage categories used for patients evacuated during the exercise.”

ID bands were used throughout the evacuation process or until the patients were released. At every level of treatment, the ID band was cross-referenced at every receiving station for tracking purposes. It was important to maintain communications between the various echelons of care to ensure the patients were tracked correctly throughout care, said Spc. Michael Hernandez, a medic.

“Overall, the exercise was a success, even though there were some shortcomings,” said Timothy D. Edman, chief of staff. “During the exercise, the issues were addressed and the exercise provides us with an opportunity to learn and improve.”

Health care professionals hone skills at medical simulation center

JULIA YUBETA

WBAMC Public Affairs

Health care professionals at William Beaumont Army Medical Center will now be able to hone their skills using highly sophisticated mannequins in a medical simulation center, which opened Sept. 23 at the hospital.

More than 40 staff members and Texas Tech medical school personnel attended the open house and a ribbon-cutting ceremony that day, which officially designated the center’s opening.

“The Department of Defense and the Army medical community have made a significant investment in its major teaching facilities, of which William Beaumont Army Medical Center is one,” said Col. James M. Baunchalk, WBAMC commander, in his welcoming remarks. “The establishment of these simulation centers will allow our health care professionals to improve their procedural skills while improving patient safety through advanced training using highly sophisticated simulators.”

“Opening this center initiates a new era in graduate medical education at Beaumont,” added Baunchalk.

Medical simulation is recognized in health care education as an extremely valuable mechanism for training and assessing clinical skills, the commander said. Simulation uses computer-based mannequins – called patient simulators – to provide health care professionals with computer-based patients that can breathe,



JULIA YUBETA

Capt. John Kim, a general surgery resident, uses a patient-simulator mannequin to demonstrate proper placement of a subclavian line to Col. Harry K. Stinger, chief of trauma and critical care service, during the Sept. 23 ribbon-cutting ceremony of WBAMC’s medical simulation center.

respond to drugs, talk and drive clinical monitors in the operating room, such as blood pressure and pulse rate.

Computer-based software programs train and assess clinical knowledge and decision-making skills. These skills are learned and developed with time, training, practice and repetition. Medical simulators allow health care providers to review and practice procedures as often

as required to reach proficiency without harming a patient.

“This center will provide our student nurse anesthetists the ability to practice critical skills such as airway management and central line placement in a very realistic setting,” said Lt. Col. Marc Lewis, assistant chief of anesthesia nursing. “Practicing these skills allows students to become more proficient – decreasing

anxiety while increasing confidence – before they perform the procedure on a patient.”

“Research protocols are being developed to assess the impact simulated practice will have on acquiring skill competency for all graduate medical education programs” said Lt. Col. Kimberly Fedele, director of Phase II for the U.S. Army graduate program in anesthesia nursing.

“Our residents and interns can now practice complex procedures, practicing these skills over and over until it becomes like a reflex,” said Col. Harry K. Stinger, chief of trauma and critical care service. “This is critical as we train future surgeons to save lives, both on the battlefield and in garrison.”

“The cost for the equipment ran almost \$1 million,” said Leonel V. Ortega, simulation center administrator. “That might sound like a lot, but the cost savings will be realized as we train highly proficient health care professionals while increasing patient safety.”

Ortega’s remarks were echoed by Maj. Thomas Wertin, the center’s medical director.

“The simulation center will enhance our graduate medical education program,” said Wertin. “The benefits don’t stop there. Increased skill proficiencies lead to increased patient safety, which benefits both the patient and the physician because of expected favorable outcomes.”

El Pasoans can help stop the flu by getting vaccinated

CAPT. ALFREDA RITTER
WBAMC

It is influenza season again: Are you planning to be vaccinated against the virus that causes the disease?

Influenza, referred to as the “flu,” is a respiratory illness that can present with symptoms ranging from mild to very serious, and can even be fatal in some cases. New strains of the influenza virus are developing, and each year’s vaccine is designed to protect against that specific strain. Unless exempt, all active-duty servicemembers are required to have the flu vaccine annually. This helps improve individual medical readiness and the health and wellness of the overall fighting force.

Health care workers in many facilities are also required to be immunized. Getting immunized is the best way to prevent or minimize the spread of influenza, according to the Centers for Disease Control and Prevention and the Department of Defense Military Vaccine Agency. It is important that you get your flu vaccination as soon as possible.

The CDC reported that in the U.S. an estimated 200,000 people become ill with the flu each year, and approximately 36,000 die from complications. Vaccinations for influenza are available in two primary forms within most DoD facilities: One form of the vaccine is given as a shot in the arm, leg or thigh, and the flu mist is administered as a quick spray through the nasal passages. It is important to note that most healthy individuals between the ages of 2 and 49 are generally eligible for the flu mist.

Individuals over age 49 and those who have conditions such as pregnancy, diabetes, HIV, heart disease, asthma and certain other conditions are generally eligible for the vaccine injection. In rare cases there are some individuals who may not be able to be vaccinated, including those who have an allergy to eggs or egg products, infants less than 6 months of age, and those with a diagnosis of Guillain-Barre Syndrome.

If you have any questions or concerns about your health and getting vaccinated, please see your health care

provider first. Possible side effects of being vaccinated are runny nose, headache, cough, sore throat or fever. Severe allergic reactions to the virus are rare. If you are already sick or have a fever, please wait until your medical provider has cleared you to be vaccinated.

Historically, February is the month when the highest numbers of flu illnesses are reported. In addition to getting vaccinated, you can also enforce certain safety precautions to help reduce the risk of acquiring or transmitting the flu. The influenza virus is spread by direct or close contact of airborne droplets during coughing, sneezing or touching contaminated objects. Hand-washing, covering your nose or mouth when coughing or sneezing, and avoiding close contact with sick people will also help prevent the spread of illness.

For more information on influenza and being vaccinated against it, visit the Centers for Disease Control and Prevention Web site at www.cdc.gov/flu.

FLU IS SERIOUS

Each year in the United States, on average:

- More than 200,000 people are hospitalized for flu complications
- 20,000 of those hospitalized are younger than 5 years old
- 36,000 people die from flu
- A flu vaccine can help keep you from becoming a statistic

GET VACCINATED NOW.

Information taken from www.cdc.gov/flu



MOTORCYCLES • ATVs • BOATS

VICTORY

SEA-DOO bigdog
MOTORCYCLES

SUZUKI POLARIS

can-am KYMCO

NEW & USED
PARTS • ACCESSORIES • SERVICE

Santa Teresa MOTORSPORTS
910 Livingston Loop
SANTA TERESA, NM 88008
(575) 589-4980



MOTORCYCLES • ATVs • BOATS

HONDA

SEA-DOO bigdog
MOTORCYCLES

SUZUKI Kawasaki

KYMCO can-am E-TON

NEW & USED
PARTS • ACCESSORIES • SERVICE

Las Cruces MOTORSPORTS
2125 S. Valley Dr.
LAS CRUCES, NM 88005
(575) 524-3626

TRAIN HARD . WORK HARD . PLAY HARD
IT'S ALL ABOUT BALANCE.

ADULT SELF-DEFENSE TRAINING

2 LESSONS ONLY \$14.99

Includes **FREE T-Shirt and Wraps**

CALL TODAY for details!

NORTHEAST KARATE
BOXING & KICKBOXING

**10710 Gateway North
915-822-8818**

Zaragosa Discount Liquor

5410 Fairbanks
757-2638

New Item \$11.99 \$18.99

The Largest Beer Selection in the Northeast!

Microbrew Imports & Domestic Beers
We Do Special Orders!

Bring This Ad And Get 10% OFF Liquor Fri. & Sat.

Must purchase more than \$10.
Military I.D.

NUVO Expires 10-31-08

★	Fairbanks	Transmountain
Rushing		
Dyer		

NON-SURGICAL. ALL BEAUTIFUL.

The Thermage® Non-Surgical Facelift is a non-invasive, no downtime procedure that delivers tighter, smoother skin, renewed facial contours and healthier collagen all within a couple of hours.

Special Discount For Military
For more information Visit Our Web Site www.elpasolaser.com

Lyle D. Weeks, MD, FACS • Mark A. Jabor, MD
COSMETIC LASER & SURGERY CENTER of El Paso

(915) 543-5600
1700 N. Oregon, Suite 765
El Paso, TX 79902
Financing Available • Se Habla Español

TRICARE offers tips for breast cancer prevention

TYLER PATTERSON

TriWest Healthcare Alliance

October is Breast Cancer Awareness Month. The American Cancer Society estimates that more than 180,000 new cases of breast cancer will be diagnosed this year, making breast cancer the second most common form of cancer in American women.

Breast Cancer Awareness Month is dedicated to one of the most powerful tools in your anti-cancer arsenal: knowledge. Proper prevention and detection are easily handled by simply making a few smart lifestyle choices and scheduling regular screenings.

What causes breast cancer?

While no one knows exactly what causes breast cancer to develop in some people and not in others, science has identified many high-risk factors that increase an individual's chances of developing it. You can avoid many of these risk factors by making some healthy choices:

- Exercise. In addition to its many other benefits, studies suggest people who exercise have a decreased chance of developing any cancer, not just breast cancer.
- Quit smoking. Not only will your heart, lungs and mouth thank you, but after a few years your added risk of developing any cancer will drop substantially.
- Maintain a healthy body weight. The

Centers for Disease Control and Prevention lists being overweight as a cancer risk factor. Even if exercise "isn't for you," you can still keep trim without breaking a sweat. Walk for 10 minutes a

night and see a nutritionist to get off to a great start.

- Limit your alcohol consumption. Having more than one drink a day is considered a risk factor.

TRICARE has you covered

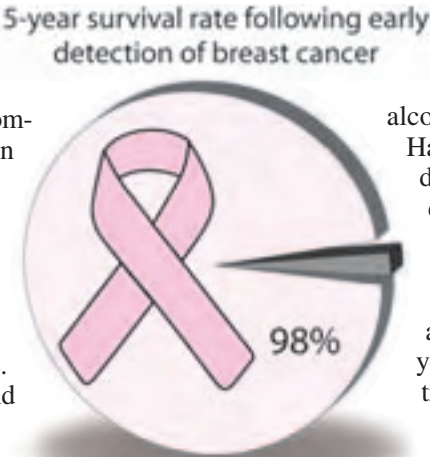
TRICARE provides a robust benefit to help you screen for and identify this potentially life-threatening but curable problem, including physical examinations for women

40 and older. Annual mammograms for women 39 and older, or 35 and older for those at high risk of developing breast cancer, are also covered.

An ounce of detection ...

Even if you engage in no high- or moderate-risk behavior, it is still possible to develop breast cancer, which is why scheduling regular examinations is so important. The best approach to early detection incorporates both monthly self-examinations and annual mammography.

For more information about your TRICARE entitlement, visit TriWest's Web site, www.triwest.com. You may also contact TriWest at (888) 874-9378. To learn more about self-examination options and breast cancer itself, visit www.cancer.gov or www.breastcancer.org.



STARTS TOMORROW

EVERYTHING 1/2 OFF

FRI. & SAT. (OCT. 3rd & 4th)

5660 N. Mesa
915-833-1415

1320 N. Zaragoza
915-859-5776

Johnson Jewelers

WOUNDED
WARRIOR
WALK

NOVEMBER 1
STOUT TRACK & FIELD
FORT BLISS

MWR

TeamBliss

Serving the Nation

8AM-5K NON-COMPETITIVE RUN/WALK & 8:30AM 1 MILE RUN/WALK
DOWNLOAD REGISTRATION FORM AT BLISSMWR.COM OR VISIT EITHER ITR.
915-568-6741 OR 915-568-3264 FOR MORE INFO

OPEN SATURDAY

I-10

FREEWAY HYUNDAI

THE VOTES ARE IN!

AND HYUNDAI IS THE CLEAR WINNER!

FUEL EFFICIENCY

AMERICA'S BEST WARRANTY

LOW PRICES!

2009 ACCENT A/C AUTO

25 MPG

STK #F9106636

MSRP\$11,925

Freeway Hyundai Discount ..\$1937

\$9,988

2008 TIBURON

28 MPG

STK #F8290004

MSRP\$17,820

Factory Rebate ...\$2250

Freeway Hyundai Discount ..\$582

\$14,988

2008 TUCSON AUTO

25 MPG

STK #F8891727

MSRP\$20,865

Factory Rebate ...\$2500

Freeway Hyundai Discount ..\$1377

\$16,988

2008 SANTA FE OVER 20 TO CHOOSE FROM!

24 MPG

Factory Rebate ...\$3,500

Freeway Discount ...\$1500

\$5,000 off MSRP

on all 2008 Santa Fe Limited SUVs. \$6,000 OFF MSRP!

ADDITIONAL \$1000 MILITARY REBATE

See dealer for details on warranty.

America's Best Warranty!

The Hyundai Advantage

HUGE ELIMINATION SALE!

'96 SATURN SL1
STK #8894526A
\$4,995

'01 DODGE STRATUS
STK #8892523B
\$4,995

'00 CHEVY VENTURE
STK #7025671B
\$6,995

'05 DODGE RAM
STK #8213255A
\$9,995

'07 CHEVY COBALT
STK #8068606B
\$10,995

'06 DODGE CARAVAN
STK #8517858A
\$10,995

'07 CHEVY AVEO
STK #889707A
\$11,995

'07 HYUNDAI ACCENT SE
STK #8202269A
\$12,995

'06 CHRYSLER TOWN & COUNTRY
STK #8280320A
\$12,995

'04 FORD SPORTRAC
STK #8276894A
\$12,995

'04 HYUNDAI SANTA FE
STK #8049997A
\$12,995

'04 HYUNDAI SANTA FE
STK #8355214B
\$13,995

'06 HYUNDAI SANTA FE
STK #8159142A
\$13,995

'06 JEEP LIBERTY
STK #8159637A
\$14,995

'06 CHEVY SILVERADO
STK #8065343A
\$15,995

'08 MAZDA MX3
STK #8274486A
\$17,995

'07 HYUNDAI ENTOURAGE
STK #8165811A
\$18,995

'07 HYUNDAI SANTA FE
STK #8151461A
\$19,995

'06 FORD F-150
STK #8380556A
\$20,995

'06 CHEVY AVALANCHE
STK #8356763A
\$21,995

'07 HYUNDAI VERACRUZ
STK #7022057A
\$25,995

Mileage based on EPA standard highway estimates. Must be active U.S. Military to receive military rebate. **1000 Military rebate on new, in-stock Sonatas and Santa Fes. Must take delivery by 10/7/08. Sale ends 10/7/08. Prices plus tax, title and license. Includes all rebated. Photos for illustration only. Limited to vehicles in inventory. With approved credit. See dealer for details.

FREEWAY I-10 HYUNDAI

Think About It

593-CARS

8320 GATEWAY EAST

©2008 GRAMM ADVERTISING. ALL RIGHTS RESERVED. 0010



GRAND OPENING SPECIALS

Come & Enjoy the
Ambiance & Services of a
High End Salon & Spa.

Save Gas, Time & Money.

We Offer the Same Prices
as Juarez.

**MILITARY
DISCOUNTS**
On Regular Price Services

HAIR EXTENSIONS

Any Color Any Length **\$295** 100% European Hair

FREE Hair Cut & Style
w/Color or Highlights

Facials \$45
Massages \$45

Full Set of Nails \$25

Full Set of Nails
& Pedicure \$49

We Offer
Permanent Make-Up

Come in & Visit
Us and Receive a
**FREE \$10 GIFT
CERTIFICATE**
Toward Any Regular
Price Service

7984 Gateway East
Next to Fuddruckers

629-8000



Tips to get your kids to bed

STATEPOINT

Sometimes it seems it would be easier herding cats than trying to get your kids to bed on time.

Indeed, every parent knows the feeling of desperation when their child just won't get to sleep or stay asleep. And sleepless children make for sleepy, cranky and worried parents.

Kids of all ages – from the youngest babies to tweens to teenagers – all can have bedtime issues. But, with a few teaks to their bedtime routines, eating habits and even their bedrooms themselves, parents can get most kids to sleep better.

"Babies, in particular, need help from their parents in getting to sleep and developing healthy sleep patterns," says sleep researcher Dr. Polly Moore, author of the new book "The 90-Minute Baby Sleep Program."

"But what most people don't realize is that a baby's natural pattern follows a 90 minute cycle of alertness and sleepiness. Parents should take advantage of this to initiate sleep when their baby is naturally sleepy – even if they don't see obvious signs of tiredness in the infant," she says.

With this in mind, Dr. Moore, who is Director of Sleep Research at California Clinical Trials, developed a way for parents to remember to make it easier to initiate sleep in their babies. The plan is helpfully called N.A.P.S.:

- N: Note time when baby wakes up.
- A: Add 90 minutes.
- P: Play, feed or pursue other activities, then, at the end of the 90-minute period,
- S: Soothe baby back to sleep.

When the baby wakes again, whether after a short or long nap, repeat the cycle.

Getting older kids to sleep on time – especially tweens – starts by enforcing better routines during the afternoon and at bedtime. Here are some helpful tips

on how to establish better sleeping patterns and eliminate bedtime struggles:

- Establish consistent bedtimes and wake-times – even on weekends.
- Avoid sodas with caffeine and sugar during the afternoon and evening.
- Don't feed kids a big meal before bedtime. Try some warm milk or a light, healthful snack like fruit.
- Exercising during the day helps kids sleep better. Playing and running at least three hours before bedtime is beneficial.
- Keep kids' bedrooms cool and dark. Also, if a child has a TV in his or her room, try removing it or making sure he or she doesn't stay up watching it.
- For older children, especially teenagers, make sure they don't over-indulge on extra curricular activities that will keep them out late or up at night doing their homework.

For young babies, recognizing when to put them to sleep is only half the battle, says Dr. Moore. You often will need to soothe a baby by rocking it back and forth, swaddling it in a light receiving blanket or singing or making a hushing sound. And when it's really tough to put your baby to sleep, try driving him or her around in a car, walking it in a stroller or placing the baby in a swing.

"Poor sleep can lead to lifelong sleep problems, learning difficulties, depression, anxiety and substance abuse. So it's important to help children develop good sleep habits early in life," stresses Dr. Moore. "Plus, a well-rested child is more alert and ready to learn, play and interact – and Mom and Dad will be too!"

For more information on how to establish solid sleep patterns for your child, visit www.pollymoore.com or read "The 90-Minute Baby Sleep Program," available at bookstores or by searching for the book online at www.workman.com.

Choosing healthful after-school snacks provide food for thought

SPM WIRE

The right foods can provide fuel for your children's bodies and minds – and after-school snack choices can be as important as mealtime decisions.

"When you are grocery shopping, keep in mind that if a snack is in the home, your children will likely eat it. So keep healthy food in the house at all times to ensure that they will always have healthy snack options," says Catherine Kraus, a dietitian at the University of Michigan Health System.

Focus on finding snack foods that will keep kids satisfied until dinner and energized for homework and studying. And keep candy bars and other junk food out of the house.

For optimal energy and hunger satisfaction, Kraus recommends pairing pro-

tein with a high fiber carbohydrate: serve up string cheese or peanut butter with whole grain crackers or prepare a half-sandwich made with whole grain bread or pita.

Another tasty treat option is creating a homemade smoothie by blending yogurt and fruit together.

She also suggests that parents take time each day to wash and slice fresh fruits and vegetables. Remember to place the produce on the counter or at eye level in the refrigerator so it is more accessible to children.

According to Kraus, a balanced, healthy diet enables chemical messengers in the brain – known as neurotransmitters – to function more efficiently. This produces better concentration and memory.



A salute to our heroic men and women in uniform.

We thank you for serving our country.

Furr's proudly
offers a discount
to active military.

\$6.69 LUNCH
Served Monday - Friday
11 am - 4 pm

\$7.59 DINNER &
WEEKENDS

Come in and enjoy all your Furr's favorites.

Offer valid only at:

Furr's Buffet
8528 Dyer St., Sunrise Center
El Paso 915-751-2324

Furr's Buffet
119 N. Balboa Rd.
El Paso 915-833-1197

Not Valid at Gateway West location.

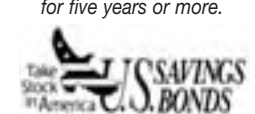
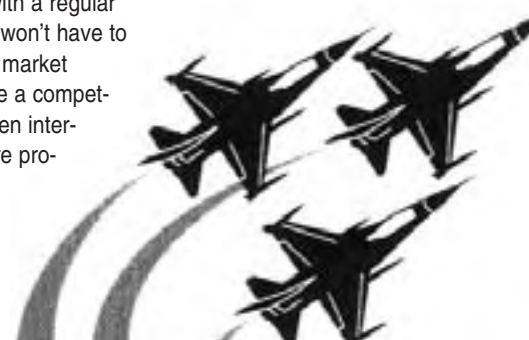
Bring your military ID and take advantage of this special offer.
Active military only, please. Price excludes beverage, tax and gratuity.

©2008 Buffet Partners, L.P.

Put Your Finances On Autopilot

Make your savings soar automatically with a regular investment in U.S. Savings Bonds. You won't have to move your funds around every time the market changes – that's because Bonds receive a competitive market-based rate that can rise when interest rates rise. If interest rates fall you are protected with a guaranteed minimum rate.

Market rates apply to Bonds held for five years or more.



Be cautious during last few months of mosquito season

RAYMOND RANDLE

WBAMC

The *El Paso Times* recently published an article announcing 12 new cases of West Nile Virus in the county.

Even though the majority of residents affected reside in the Lower Valley and none on the installation, the Fort Bliss community must continue to take the necessary steps to help reduce the potential risk of the disease-carrying arthropod known as the mosquito. The William Beaumont Army Medical Center's Department of Preventive Medicine Environmental Health Section has conducted WNV testing throughout the past two years and all tests have been negative for the virus.

The Environmental Health department, with help from the Fort Bliss Department of Public Works and Pride Pest Control, continually provides surveillance, testing and remediation for the Fort Bliss community.

Diseases from mosquitoes cause more human suffering than any other organism, with more than 1 million people dying from mosquito-borne diseases every year. Not only can mosquitoes carry diseases that harm humans, but they also transmit several diseases and parasites to which dogs and horses are very susceptible. These include dog heartworm, WNV and eastern equine encephalitis.

Mosquito vector diseases include protozoan diseases such as malaria, filarial diseases and viruses like dengue, encephalitis and yellow fever. These diseases can have either a minor effect or a major effect. These diseases can also be deadly.

Mosquito breeding sites can be controlled by emptying water from birdbaths, old tires and other outdoor containers. Do not allow water to accumulate in the saucers of flowerpots or in pet dishes for more than two days. Check around faucets and air conditioner units and repair leaks to eliminate puddles that remain for several days. Maintain swimming pools properly, which means keeping the water chlorinated and pumps circulating. It only takes a small amount of standing water for female mosquitoes to lay their eggs.

We cannot eliminate every mosquito out there, but

there are ways of preventing at-risk situations. Stay indoors at dawn and dusk – this is when mosquitoes are most active. Wear long-sleeve shirts, long pants and socks whenever you are outdoors or traveling in remote areas, and wear loose-fitting clothing.

Use insect repellents that have been approved by the Environmental Protection Agency. The repellent should have at least 20 percent to 35 percent of the ingredient known as DEET. Avoid applying repellants to portions of children's hands that are likely to come in contact with

Make smart food choices when eating on the go

MAJ. KAREN E. FAUBER

DeCA

FORT LEE, Va. – Eating out is a daily habit for many of us as we commute to work, drop off the kids at sports and rush to the many activities that fill our lives. We often find ourselves eating at least one meal a day at a restaurant or fast-food establishment. Meals eaten away from home are higher in total calories, fat and saturated fat, and lower in calcium, fiber and iron than meals eaten at home. On average, we consume about 300 calories more a day when we eat out than when eating meals at home.

USDA Dietary Guidelines recommend making smart food choices and watching portion sizes wherever you are. Try these tips:

- When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat or fat-free milk, water or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.

More tips for eating on the go:

- Take time to look over the menu and go for grilled, broiled or steamed foods more often.

- their eyes or mouths. Pregnant and nursing women should minimize use of repellents. Moreover, wash repellent-treated skin after coming indoors. Prohibit mosquito entrance by making sure door and window screens do not have holes in them. Remember that vitamin B, ultrasonic devices and bug zappers are not effective in preventing mosquito bites.

For more information, visit <http://chppm-www.apgea.army.mil/westnilevirus/> or call 569-3618 or 569-3492.

- Many restaurant portions are large. Take home half of the main course for another meal.
- Order the regular or kid-size portion.
- Drink milk occasionally to increase calcium.
- Substitute a side salad for french fries.
- Split your order. Share fries or an extra large sandwich with a friend.
- Choose a baked potato for the fiber and fewer calories than fries. Skip the sour cream and butter and try salsa.
- When ordering a sub, choose lean beef, ham, turkey or chicken on whole-grain bread.
- For a small meal, order an appetizer for your entrée.
- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Go easy on mayonnaise-based salads and high-fat toppings.
- Order salad with dressing on the side so you can use only the amount you want.
- Eat your lower-calorie food first. Soup or salad is a good choice.
- Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

To make your own on-the-go meal, choose lean, low-sodium meats and cheeses and mustard, along with whole-grain bread. Grab a bag of salad or cut-up veggies and juice to make a delicious meal on-the-go with fewer calories than eating out.

El Paso - Just when you need it most...

AUTO BAIL OUT!

OVER **\$18 MILLION**

In NO HASSLE FINANCING "EXCLUSIVELY" for West Texas Buyers!

AND...
MAKE NO PAYMENTS 'TIL NEXT YEAR! *

HUGE ELIMINATION SALE!

'89 BUICK CENTURY	STK# 9408630A	\$2,995
'00 KIA SEPHIA	STK# 8091832A	\$2,995
'93 DODGE DAKOTA	STK# 8557652A	\$3,995
'99 HYUNDAI ACCENT	STK# 8272033A	\$3,995
'03 HYUNDAI ACCENT	STK# 9289780A	\$4,995
'02 OLDSMOBILE ALERO	STK# 8535073A	\$4,995
'00 OLDS INTRIGUE	STK# 8053464A	\$4,995
'97 CADILLAC CATERA	STK# 9016841A	\$5,995
'03 KIA SPECTRA	STK# 8892665A	\$5,995
'01 MERCURY GRAND MARQUIS	STK# 8367700A	\$5,995
'00 FORD F150	STK# 8534838A	\$6,995
'04 KIA OPTIMA	STK# 8102656A	\$6,995
'04 HYUNDAI SONATA	STK# 8558002A	\$7,995
'01 FORD EXPEDITION	STK# 8558016A	\$7,995
'04 HYUNDAI SONATA	STK# 8558002A	\$7,995
'05 CHEVY IMPALA	STK# 8357265A	\$7,995
'04 NISSAN SENTRA	STK# 9487189A	\$8,995
'03 CHEVY S10	STK# 8271536A	\$8,995
'02 TOYOTA TACOMA	STK# 8184226B	\$8,995
'05 DODGE CARAVAN	STK# 853535	\$8,995
'05 FORD FOCUS	STK# 8895101A	\$9,995
'07 HYUNDAI ACCENT	STK# 9503000A	\$9,995
'04 NISSAN XTERRA	STK# 8354182A	\$9,995
'06 MITSUBISHI LANCER	STK# 9483397A	\$10,995
'05 HYUNDAI TUCSON	STK# 8895470A	\$11,995
'07 CHEVY AVEO	STK# 8892707A	\$11,995
'07 FORD F-150	STK# 8450795A	\$11,995
'04 DODGE DURANGO	STK# 8173456A	\$11,995
'05 GMC SIERRA 1500 4 DR	STK# 8339211A	\$12,995
'00 LEXUS LS400	STK# 9022231A	\$13,995
'07 NISSAN ALTIMA	STK# 9357590A	\$15,995
'06 NISSAN TITAN 4 DR	STK# 7019447C	\$17,995
'08 HONDA CRV	STK# 8187376B	\$25,995

2009 ACCENT

STK# 9107885

MSRP \$11,965
Hyundai of El Paso Disc - \$1977

\$9,988

2008 SANTA FE

Factory Rebate \$3500
Hyundai of El Paso Disc \$1500

\$5,000 OFF MSRP

On all in stock Santa Fe Limited SUVs.

2008 TIBURON

STK# 8286297

MSRP \$17,820
Factory Rebate - \$2250
Hyundai of El Paso Disc - \$582

\$14,988

2008 TUCSON

STK# 8878550

MSRP \$20,865
Factory Rebate - \$2500
Hyundai of El Paso Disc - \$1377

\$16,988

ADDITIONAL \$1000 MILITARY REBATE

\$1000 military rebate on new, in stock Sonatas and Santa Fes. Must be active U.S. Military to receive military rebate.

America's Best Warranty!

See dealer for details on warranty.

WHERE WE DO IT ALL FOR LESS!

The Hyundai Advantage™

Think About It

881-0300 8500 Montana

*No payments for 90 days. Must finance through GECU. Mileage based on EPA standard highway estimates. Must take delivery by 10/6/08. Sale ends 10/6/08. Prices plus tax, title and license. Includes all rebated. Photos for illustration only. Limited to vehicles in inventory. With approved credit. See dealer for details.

©2008 Graham Advertising, Inc. All Rights Reserved. 1007

Furniture That Fits Your Life!!

USA
DISCOUNTERS
Your Incredible Credit Store®

Why rent when you can **own**
with **low monthly payments!**



**HD/LCD
PLASMA
TVs**
starting at **\$43**

FEATURING
JVC
SONY



SAMSUNG

TOSHIBA

Crosley

AND MUCH MORE...

BLUE RAY DVD PLAYERS



ASHLEY
INTRODUCING **USA DISCOUNTERS BRAND**
FURNITURE SAVING YOU MONEY!

BEDROOMS starting at **\$48**



LOUIS PHILLIPE BED SET \$84

COMPLETE BEDROOM INCLUDING DRESSER, NIGHTSTAND, AND CHAIR

LIVING ROOMS starting at **\$30**



LAREDO SADDLE \$48

INCLUDES SOFA AND LOVESEAT

DINETTES starting at **\$10**



CARLYLE DINING ROOM SET \$42

INCLUDES TABLE AND 6 CHAIRS

COMPUTERS

starting at **\$52**

COMPAQ, GATEWAY,
HEWLETT PACKARD
• CALL FOR CURRENT
SPECIFICATIONS



CD/MP3 PLAYERS
starting at **\$12**



**USA DISCOUNTERS
QUEEN MATTRESS SET**
starting at **\$25**

RIMS

starting at **\$42**

TIRES

starting at **\$23**



**NAVIGATION/DVD
CD PLAYERS** starting at **\$54**

- Immediate Delivery
- No Down Payment**
- No Payment for 60 Days
- Power of Attorney Accepted
- Allotments Welcome!

Your Incredible Credit Store®

You are automatically approved for credit at USA Discounters if you are Active Duty Military or Civil Service.

USA
DISCOUNTERS

STORE HOURS
M-F 10am-9pm • SAT 10am-6pm
SUN 12pm-5pm

Credit approved online
or by phone
in minutes!

Check out our
fine jewelry collection at
Fletcher's
Fine Jewelers
in our El Paso Store

EL PASO, TX
1430 North Lee Trevino Dr.,
915-591-3143
1-877-787-4177

**CHECK
OUT OUR
NEW
WEBSITE!**

www.usadiscounters.net

*Lower financing rates may apply in your state. Other merchandise available with lower payments and other financing terms are available starting at 11.99% APR. Payments listed are based on zero down payment at 19.99% APR for 24 months with approved credit, no payment for 60 days, taxes and any delivery and installation charges not included. To calculate the total cost of financing simply multiply the payment amount by 48. Items shown may not represent items in stock. Limited time offer. See Store for details. **With Qualified Application

DoD agencies, organizations take pledge to combat childhood obesity

TRICARE NEWS SERVICE

FALLS CHURCH, Va. – In the past decade childhood obesity rates have risen to epidemic proportions. The U.S. surgeon general is encouraging all Americans to “Take the Pledge” to combat childhood obesity, and this includes families of the uniformed services.

TRICARE, the Defense Commissary Agency, Military OneSource and the Army and Air Force Exchange Service are partnering with Health and Human Services on a Human Resources and Services Administration initiative to raise awareness of the problem and encourage families to take the pledge during National Children’s Health Month in October.

The partnership is aimed at increasing the effectiveness of healthy

lifestyle campaign programs within the Department of Defense. This initiative also highlights Children’s

Health Month in October and National Child Health Day, the first Monday in October, which focuses on childhood obesity. This year’s theme for National Child Health Day is “Healthy Youth for a Healthy Future,” which supports the surgeon general’s efforts to encourage children to stay active, have healthy eating habits and make healthy choices.

More than 12.5 million children and adolescents are overweight. The percentage of children with weight problems at DoD Dependents Schools-Europe has doubled in the past four

years, according to a survey conducted by Center for Health Promotion and Preventative Medicine-Europe.

A 2005 Health Behaviors Survey revealed that approximately two out of three non-active-duty beneficiaries are overweight, one out of three is obese, and 18.9 percent of DoD dependent adolescents are obese. Overweight children and adolescents are more likely to have risk factors associated with cardiovascular disease, such as high blood pressure, high cholesterol and Type 2 diabetes.

Parents and caregivers are the primary influencers for children and can be role models for children, promoting healthy lifestyles to prevent obesity.

The partnership – which includes materials from TRICARE, DeCA, Military OneSource and AAFES – will use multiple media, including the Pentagon Channel, to create awareness of childhood obesity prevention within DoD and encourage children to eat right and exercise.

During October, anyone can visit www.tricare.mil, www.commissaries.com, www.militaryonesource.com or www.aafes.com, as well as the HHS and HRSA Web sites for articles, advice columns, blogs and more about childhood obesity.

Take the pledge to help prevent childhood overweight and obesity and secure a healthy future for America’s children at www.surgeongeneral.gov/obesityprevention/pledges/index.html.



by Andrea Wyatt
M.S.S., C.S.C.S.

Too tired to exercise

Q: After a long day at work I am exhausted and too tired to exercise. I know I need to do some type of exercise, but I am not sure what I can do being so drained. How can I start exercising even though I am tired?

A: Hectic lifestyles can often leave you feeling as if you are too tired to exercise; however, a lack of exercise may be adding to your fatigue. Research has shown that not only can exercise help fight fatigue, it also can help increase energy levels and improve sleep.

Low-intensity exercise such as walking at a steady but comfortable pace is a great place to start. Walking just a few times a week to start can begin to increase your energy levels and allow you to be less tired throughout your day. Be patient and begin to incorporate moderate exercise into your schedule.

Fighting the urge to skip the gym or deciding not to exercise can be a challenge at first; however, the more you begin to add exercise into your schedule and begin to see results, the more of a habit it will become.

Begin with an activity you enjoy, and start slowly. Many exercisers have found that although they may have felt tired at the start of their workout, by the end they feel more energetic and alert. Set aside time in your schedule and try to stick with the plan. The more your body experiences and becomes accustomed to exercising, the more you can adapt to new expended calories and the good stress on your body.

This same effect has been linked to improvements in sleep quality among people who work out. In studies, regular exercisers have experienced increased feelings of alertness throughout the day after recording improved quality of sleep.

The results of regular exercise have many benefits, with the increase in energy being a great perk. Be sure to check with your physician to be sure your fatigue is not due to a medical condition, and once cleared, remember again to start slowly. Taking small steps toward beginning to exercise will allow your body to change over time. Push through any obstacles that will keep you off track or discourage you from sticking with your exercise program.

(c) 2008 King Features Synd., Inc.

19th Annual Lincoln County Cowboy Symposium

October 10-12, 2008
Ruidoso Downs Race Track & Casino
Ruidoso Downs, New Mexico
575-378-4431 cowboysymposium.org





FAMILY FUN!






Photos by Mark Doh

Chuckwagon Cook-Off • Demonstrations • Western Arts
Crafts • Old West Town • Cowboy Poetry
Music & Storytelling • Craig Cameron - Master Horseman
Rodeo & Roping Events for the Kids • Sunday Gospel Music • Trail Ride

Thursday Night Concert featuring
Asleep at the Wheel
Texas Playboys
Quebe Sisters

Friday & Saturday Night Western Swing Dances
with the Texas Playboys
Tommy Allsup, Leon Rausch,
Justin Trevino, Billy Mata,
Dimmy Mac
Bobby Flores and More!

Kawasaki

SPECIAL FINANCING OFFERS AVAILABLE!

KAWASAKI SPORT BIKES FROM \$3,499!

WE'LL BEAT ANY DEAL.... GUARANTEED!*

*See Store For Details. Restrictions May Apply.
 Price for 2008 Ninja ZX-250. See dealer for all models, pricing & info. Photos for illustration purposes only.







LARGE SELECTION OF ATVs & MULES IN STOCK!

STARTING AT \$2,999!

Price for 2007 BAYOU. See dealer for all models, pricing & info. Photos for illustration purposes only.



EDGE KAWASAKI

10310 Montana Ave • 915 593 1024

©2007 Kawasaki Motors Corp., U.S.A. Kawasaki's KFX800 ATV is recommended for use only by persons 6 years of age or older, and always with direct adult supervision. Kawasaki ATVs with engines over 900cc are recommended for use only by persons 16 years of age or older. Kawasaki also recommends that all ATV riders take a training course. For more information, see your dealer, or call the ATV Safety Institute at 1-800-887-2887. Warning: ATVs can be hazardous to operate. For your safety: Always wear a helmet, eye protection, and protective clothing. Never carry a passenger. Never ride under the influence of drugs or alcohol. Never ride on public roads or pavement. Avoid excessive speeds and stunt driving. Be extra careful on difficult terrain.

Off Duty is a compilation of military-affiliated information and events focused for the Soldier, their family members and veterans. Information should be 100 words or less and contain no editorializing. An informational brief that is not time specific will not run for more than 30 days. All submissions are due no later than Friday for publication in the following week's paper.

Blessing of the animals

Oct. 4 is the Feast of St. Francis of Assisi, the patron saint of animals and the environment. Chaplain Don Van Alstyne, Fort Bliss Catholic pastor, will bless pets at 10 a.m. Saturday in front of Center Chapel 1. Christians have long commemorated Saint Francis on the first Sunday in October by blessing animals.

NDE awareness picnic

U.S. Army Wounded Warrior Program and Consortium of Community Partners hosts the National Disability Employment Awareness Month Picnic from 10 a.m. to 4 p.m. Oct. 17 at Kelly Park. The event is to recognize employees with disabilities and their outstanding achievements.

Expansion conference

The Federal Manager's Association is hosting a one day conference, "Fort Bliss and El Paso: Change is Here." Oct. 22 from 8 a.m. to 4:30 p.m. at the Fort Bliss Officers' Club. Representatives from Fort Bliss and the city of El Paso will provide presentations on the expansion and transformation of Fort Bliss and El Paso. The conference is open to all Bliss personnel. Registration and supervisor approval are required to attend. This will be in place of duty with confirmed attendance. To register, call 568-2701, 568-5780 or e-mail auro-ra.castaneda@us.army.mil or shannon.r.navarro@us.army.mil.

Bliss maps now available

Fort Bliss maps are now available at the Public Affairs Office. Pick one up or bring a stack back to your brigade. For more information, call 568-4505.

Seeking outstanding people

The Monitor is looking for outstanding, interesting or otherwise notable Fort Bliss servicemembers, Department of Defense employees and contractors to feature in the newspaper. If you know of anyone who possesses these special qualities, call 568-5945 or e-mail monitor@conus.army.mil.

Society of Military Widows

The sit down luncheon of the Society of Military Widows Desert Sun Chapter 30, Fort Bliss will be held 12:30 p.m. today at the Fort Bliss Officers Club.

ACS extended hours

Beginning today and running through Dec. 30, Army Community Service has extended their hours to 7 a.m. to 7 p.m. Tuesday and Thursday. After 4:30 p.m. on those days, services will be limited to computer and internet access, copy and fax use, and information and referral services. Business hours will remain from 7:30 a.m. to 4:30 p.m. Monday, Wednesday and Friday, with AER closing at 4 p.m. For more information, call 568-1132.

Electronic absentee ballots

Texas State Bill 90 requires secretaries of state to evaluate the use of e-mail by sending blank ballots and balloting materials to military voters overseas and those who applied by FPCA during the Nov. 4 general election. To be eligible to receive balloting material by e-mail, you must be a registered resident of select Texas counties, have completed an FPCA, requested to receive an electronic ballot and have an overseas address. This only affects military personnel who are deployed or will deploy overseas, and military personnel and family members who are overseas or on orders to an overseas area and have an overseas mail-



COURTESY PHOTO

Amigo Airsho

Toyota presents the 27th annual air show Friday and Saturday, at Biggs Army Airfield, featuring the Canadian Snowbirds and other military and civilian aerial troupes. Advance tickets: \$10 (\$5 ages 6-11; \$8 military dependents and seniors). At the gate: \$15 (\$10 ages 6-11/military dependents/seniors). Admission is free for ages 5 and younger and all soldiers, active or retired. Amigo Chalet: \$30 (\$20 ages 6-11). VIP Chalet: \$100 (food and beverages included). Advance tickets available at area Circle K stores and through Ticketmaster. For more information, call 562-6446 or amigoairsho.org.

ing address. For those who will be deploying to a designated hostile area, you may fax your voted ballot back to your county election department. The Texas deadline for registering to vote and requesting a ballot is Monday for permanent registration and Oct. 28 for temporary registration. For more information, call 568-7432.

AFTB Basket Bingo

Army Family Team Building will host Basket Bingo at 5:30 p.m. Tuesday at the Centennial Banquet and Conference Center on East Fort Bliss. Tickets may be purchased through any AFTB instructor or at ACS, Bldg. 2494. Tickets are \$10 in advance and \$15 at the door. For more information, call 568-1132.

ACAP/AUSA job fair

The Army Career and Alumni Program and the Association of the United States Army will sponsor a job fair from 9 a.m. to 2 p.m. Thursday at the Centennial Club on East Fort Bliss. The fair is open to all Soldiers and family members approaching separation from the military. Bring resumes, as many of the employers will be accepting them for possible employment opportunities. Approximately 80 employers are expected to be represented at the job fair.

Karaoke contest

The Wounded Warrior Karaoke Contest will be from 7 to 9 p.m. Thursday at Mulligan's North Bar and Grill, located at 10710 Gateway Blvd. North. A donation at the door buys admission to the event. There will be a cash prize for the first-place winner. The contest is one of several fundraising events that benefit the Home for the Holidays program. Proceeds buy airplane tickets to send wounded Soldiers who are away from their families home during the holidays. For more information, call 525-3646.

Speed dating

Speed dating will be held at the Centennial Oct. 10 for ages 35 and under. There is no entry fee. Pre-registration is highly recommended. Walk-in registration is from 6:30 to 7 p.m., but space is limited

to 25 male and 25 female participants. All off-post guests should enter with current car insurance, car registration and valid picture ID through Biggs Gate to obtain a gate pass. For more information, call 562-5969.

Framing class

Framing Bliss will offer a framing class from 8:45 a.m. to 2:30 p.m. Oct. 11. The class costs \$30 per person and includes a picture, materials and instructions. If you participate as a couple or bring a friend, the cost will be \$25 per person. For more information and to sign up, stop by Bldg. 820 or call 568-5563.

Beef and Burgundy

The O'Club continues its special Beef and Burgundy buffets Wednesday nights. Oct. 15, Beef and Burgundy will feature wiener schnitzel, goulash, mashed potatoes, red cabbage, sauerkraut and more. Members pay \$13.95 and non-members pay \$15.95.

Boss' Day

Both the Centennial and the Officers' Club are serving free dessert from 11 a.m. to 1 p.m. Oct. 16, in celebration of Boss's Day.

Pre-retirement briefing

Army regulations require that all retiring Soldiers attend a pre-retirement briefing 120 to 180 days before retirement, permissive TDY or transition leave. Pre-retirement briefings are Oct. 16, Nov. 20 and Dec. 18. Upon receipt of orders, contact the Retirement Services Office at 568-5204 to schedule a briefing.

Payday activites

The Underwood Golf Complex and Fort Bliss Bowling Center would like to invite you to participate in Bliss' pay day activities. Entry fee is \$5 for both locations. (Extra costs for cart, range balls and golf club rental may occur at the golf course.) Gift certificates totaling \$1,000 will be given away.

Dates and times are as follows:

- 1 p.m. Oct. 17 at the golf complex
- 3 p.m. Nov. 14 at the bowling center

Sign up at the facility by the Wednesday before the event. For more information, call 562-1273, 568-6272 or 568-1685.

Saturday Socials

Saturday Socials offer a cultural enrichment program to Officers' Club members once a month. The next planned Saturday Social is a beer tasting and education at 3 p.m. Oct. 18. Events are limited to 50 people. To reserve a space, call 569-5715.

ROWC

The ROWC next luncheon will be held at noon Oct. 21 at the Fort Bliss Officers' Club. Guest speaker will be retired Marine Col. T. T. Kelley, intelligence supervisor for the U.S. Customs and Border Protection Border Field Intelligence Center. Spouses are welcomed to attend. For more information, call 755-9969.

Monster Bash

The first annual Monster Bash is from 6 to 11 p.m. Oct. 24. There will be three different scare levels of haunted houses, from barely scary (\$1 admission), to pretty scary (\$2 admission), to really scary (\$3 admission). The haunted houses will be on Smith-Bliss field directly in front of Bldg 11. On the other half of Smith-Bliss field will be a stage with a DJ, dance floor, food, bounce houses, and more. All are encouraged to wear costumes. For more information, call 588-8247.

Halloween party

Club Metro, located in the lower level of the Centennial, will host a Halloween costume contest and party at 10 p.m. Oct. 25. Complimentary snacks will be served through midnight. Prizes will be awarded for the best costumes. For more information, call 562-5969.

Post-wide yard sale

The next post-wide yard is from 7 a.m. to 1 p.m. Oct. 25 at all housing on main post. No formal permission is required, simply display items during the designated times. This event is also open to the El Paso, Juarez and surrounding communities. For more information, call 568-6741.



*Ft. Bliss, Texas
We Love Our Soldiers*

*Qualified Texas Vet
& VA Loan Access*

Robert Lozano
Realtor®
915.355-9898

Rosa Lozano
Realtor®
915.449-7954

Coming from out of state to Ft. Bliss? You Too can join the ranks of the Texas-Vet program and obtain a Below Market interest rate in buying a home.
Call NOW! Ask us how!
Our Team is ready for you.

BUTTERFIELD TRAIL APARTMENTS

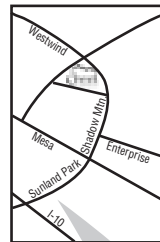
- Huge 1, 2, 3 Bedroom Apartments
- Lovely 2 Bedroom Townhouses
- Gorgeous Mountain View
- 24 Hour Maintenance • Free Basic Cable
- Multiple Baths • Caring On-Site Staff
- Patios and Porches
- Swimming Pool • Club House
- Cathedral Ceilings

MINUTES FROM:
• Fort Bliss • McGregor
• Biggs Field • White Sands
• Cohen Sports Center
• Painted Dunes Golf
• Wilderness Park Museum
• Community College
• **Excellent Schools**
Nearby

(915) 821-8282 • 10330 Gateway North
www.apartments.com/butterfieldtrail • e-mail: butterfieldtrailapts@elp.rr.com



345 Shadow Mountain Dr.
833-3009
1, 2 & 3 Bedrooms
\$594 - \$849



From I-10 exit Sunland Park: turn north on Sunland Park and proceed approximately 1 mile. After crossing Mesa, Sunland Park becomes Shadow Mountain. Continue 1/4 mile. We are on your left.

1 Bedroom Blowout!
Call For Details!



EXECUTIVE PLAN



Three Bedrooms, Two Baths

PROFESSIONAL'S PLAN



One Bedroom, One Bath

LIBRARY PLAN



One Bedroom, Library, One Bath

PRIVACY SUITE



Two Bedroom, 2 Bath

ASK ABOUT OUR MILITARY DISCOUNTS

- Fireplace available
 - Superior sound proofing
 - Mirrored closet
 - Professional equipped fitness facility
 - Icemaker
 - Swimming pool
 - Covered parking*
 - Sports court
 - Patio or balcony with storage
 - Volleyball
 - Washer and dryer connections*
 - Thermo pane windows
 - Energy efficient heat/air
- *optional

Thank you Ft. Bliss
for your service!!



Traditional Values And Family Coming Together



- Locations in El Paso for Military Personnel
- We pay closing costs and prepaids
- Now accepting contracts
- Great neighborhoods... easy commutes

1861 Robert Wynn, Ste. C

915-633-8002

Members of:
BBB • El Paso Association of Builders • TRCC • 2-10 Warranty

BUYING? SELLING?

The name's the same...
PAMELA THOMPSON,
REALTOR

RE/MAX Associates

Get your home sold with less
hassle and less time.
Call Pamela today 309-2506 cell

RE/MAX Associates

10940 Ben Crenshaw Dr.

(915) 309-2506 cell

(915) 594-3034 office

pamelathompsonrealtor@hotmail.com

All offices independently owned and operated.



PAMELA THOMPSON



\$127,000

2809 Lake Spier
3 br, 2 1/2 ba beauty with nice loft that could be your new home office, exercise room, or spare bedroom. 1465 sf located in popular east side neighborhood with easy access to Loop 375 and Ft. Bliss. Nice back yard with storage and dog run. Chance for first time buyers. Won't last. Call 309-2506.



Pat Sanchez, REALTOR

588-0977

REALTORpat@aol.com

NEW HOME

5484 Francisco Roque
Northeast El Paso

\$143,940

3 Bedroom - 2 Bath

Close in 30 Days or Less!



ACE

AUTOMOTIVE SERVICE & COLLISION EXPERTS

MECHANIC ON DUTY

Ask About Our MILITARY DISCOUNTS!
All Major Insurance Accepted

SERVING EL PASO & FT. BLISS FOR SINCE 1945! 60 YEARS

Our Personalized Service Has Kept Us In Business Longer Than Any Shop In El Paso!

6617 Montana
771-0303 AT AIRWAY

DuPont PERFORMANCE ALLIANCE™
www.acebodyshop.net

- Finest Quality Repairs
- Guarantee In Writing
- I-Car & Dupont Certified
- Pickup & Deliver
- Fast Turn Around
- Infra-Red Paint Curing

MESA TRANSMISSION

Complete Auto Repair

4164 N. MESA Mon.-Fri. 8-6; Sat. 8-5 (915) 577-0098

10% MILITARY DISCOUNT

BRAKE SPECIAL
20% OFF
All Brake Repairs
With This Ad

TRANSMISSION FLUID & FILTER SERVICE
\$39.95 Most Cars
Specialty Fluids Extra
With This Ad

- Manual Transmission
- Transfer Case
- Tune-Ups
- Brake Service
- Radiator Service
- Water Pump
- Timing Belt Repair
- C.V. Axle Repair
- Electrical Windows
- Electrical Repair
- Computer Diagnostic
- Free Towing Available
- Free Diagnostics

Yearwood

SPEED & CUSTOM

EL PASO'S OLDEST & LARGEST SPEED & PERFORMANCE CENTER!

Call Yearwood to Enter Your Car

6830 GATEWAY EAST • 915-778-5275
BETWEEN AIRWAY & HAWKINS - MON.-FRI. 9AM-6PM • SAT. 9-4PM

CARS UNDER THE STARS CAR SHOW

Saturday, Oct. 11, 2008
Showtime: 3pm to 11pm
Cohen Stadium
9700 Gateway North
El Paso, Texas

DYER

AUTO SALVAGE

L&L USED CARS

We Sell the Best and Recycle the Rest!

NATIONWIDE PARTS LOCATOR SERVICE
10880 DYER • 821-1300 • 821-1281
1-800-821-1342

ALL CARS RUN ON USED PARTS

MILITARY DISCOUNT • MILITARY DISCOUNT

PROTECH

AUTOMOTIVE

Muffler - Brakes
566-2650

FOR YOUR COMPLETE AUTOMOTIVE NEEDS

Suspension Lifts
Audio/Video Installations
Upholstery

3921 Harrison at Dyer
566-2650

We Support Our Troops!

METRO

BODY SHOP

599-8666
Fax 599-8697
I-CAR Gold Certified Shop

Guaranteed Direct Repair Facility
For USAA, GEICO, Allstate, and More.

Serving Most Major Insurance Companies

FINANCING O.A.C.

1434 LOMALAND
North of Pellicano

FARMERS INSURANCE GROUP

Symbol of Superior Service

Farmers Insurance Exchange Offers:
• Non-Smokers Discounts • Auto-Home Discounts
• New Home Owners & Security Discounts and 50+ Discount

3616 McRae at Montana

Gets You Back Where You Belong

Ali Boureslan, PE, LUTCF
591-3311

CORT

FURNITURE RENTAL

1495 Lee Trevino Dr.
915-590-1714

To: Laven Publishing
Ft. Bliss Monitor

Response to our ads in the military newspaper has been very good. We look forward to serving the incoming troops as well.

Efren Ortega, Mgr.
Cort Furniture

TIRED OF GOING BACK FOR REPAIR THAT DOESN'T WORK?

FINANCING AVAILABLE

on major work

9-24 Month Terms
Bad Credit OK
Ask Manager for Details

TRANSMISSION FLUID CHANGE

\$29.95 Most Cars

INCLUDES UP TO 5 QTS. OF STANDARD ATF, FILTER AND SPECIALTY FLUIDS EXTRA. EXPIRES 10-16-08.

FREE BRAKE CHECK

FREE EXTERNAL DIAGNOSTIC SERVICE

Inspection & Computer Scan
A \$85 VALUE!

MUST PRESENT COUPON BEFORE WORK IS STARTED

ASK ABOUT OUR "LOANER CAR" PROGRAM

NATIONWIDE WARRANTY OVER 800 LOCATIONS

FREE TOWING within 15 miles with major repairs

El Paso East
915-593-6655
1407 Lomaland

El Paso West
915-581-9633
160 McCutcheon at Redd Road

AAMCO TRANSMISSIONS
WWW.AAMCO.COM

TIRES

Don't Need Tires?

WE ALSO HAVE A
Complete Car Care Center
MECHANIC ALWAYS ON DUTY!

BEST TIRE SERVICE

8801 Dyer St.
757-3411

WEEKDAYS: 8:30 AM - 6:00 PM
SATURDAYS: 9:00 AM - 5:00 PM
SUNDAYS: 10:00 AM - 2:00 PM

195/70R14	40,000 MILES	4 x \$192.82
205/70R15	50,000 MILES	4 x \$229.13
225/70R15	50,000 MILES	4 x \$285.42
235/70R15	50,000 MILES	4 x \$328.72
185/65R14	50,000 MILES	4 x \$185.83
185/65R15	50,000 MILES	4 x \$216.14
195/65R15	50,000 MILES	4 x \$211.81
205/65R15	50,000 MILES	4 x \$224.80
185/60R14	50,000 MILES	4 x \$194.49
185/60R15	60,000 MILES	4 x \$242.12
195/60R15	50,000 MILES	4 x \$211.81
205/60R15	50,000 MILES	4 x \$224.80
215/66R15	50,000 MILES	4 x \$250.73
195/55R15	50,000 MILES	4 x \$285.42

Mounting & Valves, Spin Balancing, Recycling Fee & Taxes Included!



98 NISSAN ALTIMA
VERY CLEAN, RUNS GOOD, LEATHER
INTERIOR, AUTOMATIC
\$4,895



01 METRO
ECONOMICAL, GREAT CONDITION, GOTTA SEE!
\$4,995



00 DURANGO
GREAT BARGAIN! RUNS GOOD, GOTTA SEE!
\$6,995 2 TO CHOOSE FROM



92 MERCEDES 500 SEL
\$8,995



99 CHRYSLER SEBRING
LOW MILES, RUNS GOOD, MUST SEE!
\$4,995



This Week's Special!
2000 JAGUAR S-TYPE
RUNS GOOD, ALL OPTIONS, GOTTA SEE!
\$9,995



02 LINCOLN LS
SUNROOF, ALL OPTIONS, RUNS GOOD
\$8,995



98 TOYOTA CAMRY
GREAT RUNNING CAR, CLEAN, GOOD
MILEAGE, MUST SEE!
\$5,995

Office (915) 564-9797 Fax: (915) 564-9796 • htownmotors.com

ON THE SPOT FINANCING (E-1 & UP)
FIRST TIME BUYERS

ALL TRADES WELCOME!

BUY HERE PAY HERE! V.I.P. SERVICE

3714 Dyer
564-9797
Some Pictures For Illustration Only

WE SPECIALIZE IN CREDIT PROBLEMS

WE SUPPORT OUR TROOPS!

1999 FORD ESCORT	\$3,995
1996 FORD EXPLORER	\$4,495
2000 PONTIAC SUNFIRE	\$4,495
1999 MERCURY COUGAR	\$4,695
2001 CHEVY CAVALIER	\$4,695
1999 CHRYSLER SEBRING	\$4,995
2001 CHEVY CAMARO	\$5,995

AUTOMOTIVEMART

Airport Auto Service

6344 Airport Rd. (Behind K-Mart Montana) 915-778-4949

ARE YOU MOVING? RENT A TRUCK OR TRAILER
U-HAUL FACILITY AT OUR OFFICE • DAILY/WEEKLY SPECIALS

NOW OPEN SATURDAYS

STATE INSPECTION STICKERS
\$26.75 & \$14.50

ALL GENERAL MECHANICAL REPAIRS

FREE CAR WASH with any Tune-Up or Brake Job on Saturdays
Must Bring Ad

AC Service \$29.99 + Freon

Check out The Monitor online at

fbmonitor.com

for weekly articles, blog, important Bliss and El Paso links, detailed area maps and Sun City Soldier videos.

ZENITRAM AUTOMOTIVE
Complete Repair Service

10% OFF
w/Military ID

- Starters
- Brakes

Lifetime Warranty On

- Alternators
- Water Pumps
- Fuel Pumps
- Window Motors

A/C SERVICE

Mufflers • Exhausts • Catalytic Converters

SAME DAY SERVICE

5622 Dyer 562-6386

ASE Certified Technicians

State Inspection Station Emissions Tests

NO WAITING

Now Doing Audio/Video Installations

Window Tinting Trucks from **\$50** Most 2-4 Dr. Cars from **\$75**

LIFETIME Nationwide Window Tinting Available

K-9 Car Alarm
Protects Doors, Hoods, Trunk
Starter Disable - 2 Remotes
Shock Sensor - Kill Switch
\$99
Installed
Keyless Entry Extra

AM/FM/CD \$99 Installed

Ramirez Tinting & Alarms
5307 Dyer
at Fred Wilson
(915) 566-7890
Mon.-Sat. 10am-5pm

Proudly Serving Ft. Bliss/El Paso Since 1994

assistance to active-duty Soldiers, National Guard and Reserves, family members and civilian personnel. A consultant will be available from 2 to 4 p.m. each Tuesday at Mickelsen Community Library. For information, call 568-6156 or 490-3868.

Waiting Families

Fort Bliss Waiting Families is a program designed to assist families who are geographically separated from their sponsors build friendships and ease the stresses and demands on families during times of separation. Free monthly dinners and bowling for all registered waiting families are available. For more information, call 568-1132 or 569-7088.

Employment readiness

The Employment Readiness Program hosts spouse employment orientation at 10 a.m. Monday and Wednesday. Various employment workshops and job-finding sites are available. For information, call 568-1132 or visit www.blissmwr.com.

ACAP Express

ACAP Express is a new online program that allows Soldiers approaching ETS or retirement to register and schedule services. All Soldiers within one year of ETS or within two years of retirement may register with ACAP. To register, visit www.acapexpress.army.mil.

Veterans Day ceremony

The Veterans Day Ceremony will be held at 9 a.m. Nov. 7 at Memorial Circle. For more information, call 568-0405.

BOSS meeting

Better Opportunities for Single Soldiers meetings are held at 3 p.m. every Wednesday. Call 526-4264 or e-mail BOSS2@conus.army.mil for locations.

Strip maps offered

ACS offers Soldiers clearing Fort Bliss strip maps showing the location of all agencies that must be cleared. In addition, ACS provides incoming and outgoing Soldiers and families with information packets on Fort Bliss or any Department of Defense

STAYTON MOVIE THEATER

Today - 7 p.m. Tropic Thunder (R)
Friday - 7 p.m. The Longshots (PG)
10:20 Mirrors (R)
Saturday - 2 p.m. Kit Kittredge:
An American Girl (G)
4:30 The Longshots (PG)
7 p.m. Mirrors (R)
Sunday - 4:30 The Rocker (PG-13)
7 p.m. Mirrors (R)
Thursday - 7 p.m. The Rocker (PG-13)

Courts-martial results

Sept. 26, a court-martial consisting of officer and enlisted members convicted Pvt. Damien Purcell of Garrison Command, of one violation of Article 120, aggravated sexual assault. The court-martial panel sentenced Purcell to a dishonorable discharge, confinement for three years, reduction to E-1 and total forfeitures of all pay and allowances.

military installation worldwide. For information, call 568-6291.

Child care at bowling center

The Fort Bliss Bowling Center's child care room will be closed until further notice due to construction in the building. For additional information, call 568-6272.

Financial Track Club

This is an opportunity to increase your financial knowledge through the sharing of information and resources. Whether you are financially challenged or savvy, if you are interested in improving your financial health, this club is for you. All servicemembers, family members and civilians are welcome. The Financial Track Club meets from noon to 1 p.m. every second and fourth Wednesday at USASMA's West Auditorium. For more information, call 568-7088.

Around Town

Air Force Band of the West

The military band performs a free concert at 7 p.m. Saturday, at UTEP's Fox Fine Arts Center. For more information, call (210) 834-4043.

Feria del Valle Cristo Rey

Cristo Rey Catholic Church, will host its annual bazaar from 6 p.m. to 1 a.m. Friday, 4 p.m. to 1 a.m. Saturday, and 4:30 p.m. to 11 p.m. Sunday at 8011 Williamette. Admission is free. For more information call 591-0688.

St. Paul's arts, crafts bazaar

The women's fall bazaar is 9 a.m. to 3 p.m. Saturday at 7000 Edgemere. For more information, call 772-2734.

St. Francis Bazaar

St. Francis of Assisi, will host its annual Fall Bazaar from 10 a.m. to 9 p.m. Sunday at 5750 Doniphan. For more information, call 584-7130.

Mountain celebration

The 15th annual Celebration of Our Mountains is a six-week-long festival of events to encourage appreciation of the El Paso region's environment. The celebration includes nearly 60 hikes, field trips, driving tours, nature walks, bicycle rides and other activities. For details, visit www.celebrationofourmountains.org.

Chopin Music Festival

The 2008 fall series of piano concerts sponsored by El Paso Community College and the El Paso Chopin Festival Society concludes at 8 p.m. Friday with a performance by festival founder Lucy

Scarbrough at the Chamizal National Memorial, 800 S. San Marcial. Admission is free. For more information, call 584-1595 or visit elpaso-chopin.com.

Autmn Theater Company

Through Nov. 19, El Paso Community College is hosting a senior adult program from 6 to 9 p.m. each Wednesday at the Valle Verde Campus, Portable 25A. For information, call 831-2228 or e-mail corneliapat@aol.com.

Howl-o-Wine

The fourth annual Howl-O-Wine Dog Walk will be Oct. 26 at La Viña Winery in La Union, N.M. Participants will walk one mile around the beautiful grounds of La Viña. On-site registration will begin at noon, and the dog walk begins at 1 p.m. For more information or to pre-register, visit www.petsaliveelpaso.org or call 855-7273.

Chili cook-off

The 42nd Terlingua International Chili Championship is Nov. 1 at the Rancho CASI de los Chisos near the ghost town at Terlingua, Texas. Admission is \$30 per person for the entire week, which includes dry camping and entertainment, or Saturday-only admission is \$10 per person. Active, reserve and retired military receive a 50 percent discount on admission. Food and craft vendors will be on site. Judges are needed for all events. Rancho CASI de los Chisos is on the north side of Hwy 170, 11 miles west of Study Butte, Texas. For more information, call (210) 887-8827 or log onto www.chili.org.

Go Youth

CDC Parent Council

Join the CDC Parent Council and receive 10 percent off your monthly child-care bill. Parents are needed to fill upcoming officer positions. For more information, call the Main CDC at 568-5689 or Logan CDC at 568-3989.

After-school tutoring pickup

Middle School and Teen tutoring pickup from Ross Middle School began Tuesday. If you have a child in tutoring please call the YouthPlex and sign them up for the 4:15 p.m. pickup. For more information, call 568-5437.

Miracle League

The Miracle League baseball league is the only one in El Paso for children ages 3 and older with any physical and/or mental disability. Registration is from 10 a.m. to 2 p.m. Monday through Friday at 7500 W.H. Burges Drive. For information, call 872-9249.

Battle Cry

Bliss Youth invites all youth in sixth

through 12th grades to Battle Cry for live music, an inspiring message, friends, food and exciting games. Battle Cry is from 4 to 6 p.m. every Sunday at the Youth Center, Bldg. 195.

Battle Cry Home School edition is from 11:30 a.m. to 2 p.m. Friday in the Youth Center, Bldg. 195. Lunch is served with either a computer technology or drama class following. For additional information, visit www.BlissYouth.org or call 568-2157.

SKIESUnlimited

SKIESUnlimited offers a variety of programs for children and teens. Classes include dance, martial arts, fashion modeling, academic tutoring, SAT/ACT prep, automotive maintenance and more. Participants must register with Central Enrollment and Registration. Visit www.blissmwr.com for a detailed schedule. For information, call 569-7732.

Before- and after-school care

Before- and after-school care is Monday through Friday. The center opens

at 5:30 a.m. and closes at 6 p.m. You must register at Central Registration before enrolling. For more information, call 568-4374.

Part day pre-school

The Main CDC and Logan CDC are open for preschool (ages 3 to 4) Monday through Friday from 8:30 to 11 a.m. Rates are based on the family tier, and children must be registered with CYS before enrolling. For more information, call 568-4374.

Fishing tourney

Fort Bliss Child, Youth and School Services is partnering with the Rio Grande Girl Scout Council and Ascarate Fishing Club to present Youth Fishing Day Oct. 18 at Ascarate Lake. Registration is from 7:30 to 10:30 a.m. and fishing starts at noon. For more information, call 569-7732.

CYS discounts

Army Family Covenant discounts are available at CYS for family members of

deployed Soldiers serving in a war zone or in support of the Global War on Terrorism, family members of sponsors who are on an unaccompanied PCS, a TCS or a TDY for 90 to 179 days, or family members of sponsors who are part of rear detachment. For more information, visit www.blissmwr.com/cys/.

Youth wrestling

Registration for Team Bliss youth wrestling for all youth ages 4 to 15 years old ended Tuesday; however, new arrivals will be accepted until Nov. 1. To register, visit any CYSS building or Central Registration, Bldg. 1743, Victory Road. For information, call 202-7996 or 276-4516.

Mickelsen Library

Mickelsen Community Library hosts “Read Me a Story” every Tuesday morning at 10 a.m. for children 2 to 5 years old. The library also hosts “Family Story Time” for 2- to 6-year-olds at 10:30 a.m. Saturday. For information, call 568-6156.

Off Duty

Continued from Page 59

Satellites not permitted

The installation of a private satellite dish or rooftop antennas is not permitted in or on government facilities. This includes landscaping and unaccompanied personnel housing. The only facility type excluded from this policy is Army Family Housing. For information, call 568-5933.

Consumer advocacy

Take the appropriate steps in making your voice heard. There are several avenues to take to effectively make a difference for all. For more information, call 568-7088.

Fiesta Fridays

The Centennial Pub and Patio will host Fiesta Fridays beginning at 4:30 p.m. For more information, call 562-5969.

Auto Crafts

The Fort Bliss Auto Crafts “do-it-your-

selfers” online provides step-by-step instructions on automotive repairs for free. The Auto Crafts Shop also offers free tire rotation and brake inspection for all passenger cars with original wheels with the purchase of an oil change. Texas vehicle safety and emissions inspections are available, as well. For more information, call 568-7280.

Junior enlisted nights

The Centennial’s Club Metro is open to junior enlisted Soldiers every Friday from 8 p.m. to 2 a.m. with no cover charge. For more information, call 562-5969.

Designated driver rides

Designated driver rides from the brigade staff duty desk are available from Highlander Village to the Centennial from 8 p.m. to 2 a.m. Friday nights. For more information, call 744-1631.

Cars Under the Stars

The 10th annual Rio Grande Wheels Car

Club’s “Cars Under the Stars Car Show” will be held at Cohen Stadium Oct. 11, from 3 to 11 p.m. The event is the largest car show conducted in El Paso and will feature some of the best hot rods, street rods, race cars, classics, customs, and modern performance vehicles from throughout the southwest. Musical entertainment and concessions will be provided.

Admission for servicemembers is free, with presentation of an active duty ID. Tickets: adults (18 and older) \$5, children (10-17) \$3, and children under 10 are free. For more information, call 256-0856.

Conversational Spanish

This class offers conversational beginners’ and advanced Spanish from 9 to 11 a.m. Monday and Wednesday, Tuesday and Thursday, or Friday at ACS. For more information or to register, call 568-1132.

Lock n Leave

The Fort Bliss Lock n Leave at Bldg. 643, Missiles Road, has a variety of storage options. For information, call 566-8321.

AAFES now hiring

Various positions are available for the Biggs Mini Mall scheduled to open in November: store associates, reorder assistants, laborers and stockers, warehouse workers, supervisors and food service workers, with pay ranging from \$6.70 to \$8.61 per hour. Apply online at www.aafes.com or call 562-9551, ext. 101, for more information.

Customer evaluation system

The ICE system is a Web-based tool for collecting customer feedback from authorized Department of Defense users via online comment cards. The purpose of the ICE system is to determine customer satisfaction levels for services at the installation. They can be submitted by postage-paid comment cards available from service providers, online at <http://ice.disa.mil>, or from the Fort Bliss homepage at www.bliss.army.mil. For more information, call 568-1612 or e-mail melissa.house@us.army.mil.



**THE
MAZE AT
LA UNION,
NM
IS HERE!**

Just outside of
El Paso - 2801 HWY 28
Few miles from the Outlet Mall

*18 acres worth of turns, twists,
dead ends, and great adventure!
Come and see for yourself...*

September 26 thru November 9
Admission: \$9 for ages 6 and up

FRIDAY	5-10PM
SATURDAY	11AM-10PM
SUNDAY	NOON-6PM

**MILITARY
\$2 OFF W/ID**

BIRTHDAY PARTIES AND FIELD TRIPS BY RESERVATION
*Activities include: Hay ride to pumpkin patch, pedal cars, cow train, ball cannon, and pony polo.
Daylight hours on Saturday and Sunday only, three activities per ticket.
Attractions: Goat walk, bunny town, tube slide, mini maze, sand box.

**For complete information and maps go to:
www.launionmaze.com or call 888-383-6293**

\$1.00 OFF WITH THIS AD

KARATE



**ONE
WEEK
TRIAL
LESSON**
Includes 3 classes only
\$9.95
save \$10.00

**FREE
UNIFORM**
with Registration

Master Bae H. Han
9th Degree Blackbelt Hapkido
9th Degree Blackbelt Kickboxing
9th Degree Blackbelt Hoi Jeon Moo Sool
8th Degree Blackbelt Tae Kwon Do
5th Degree Blackbelt Bong Sool Do (Weapon)
5th Degree Blackbelt Kum Sool Do (Sword)
Over 40 Years Experience
9861 Dyer Suite #17
751-2777
Expires September 30, 2008

Han's Oriental Martial Arts

6 COMBINED MARTIAL ARTS
Kick Boxing • Tae Kwon Do • Kung Fu
• Ai Kido • Karate • Hap Kido • Judo

**Our Martial Arts Program
will help you develop...**
Self-Defense, Self-Confidence, Discipline
and a winning habit for life!



Jennifer's Accomplishments:
World Boxing Champion
World Kickboxing Champion
World Martial Arts Champion
6 Time National Boxing Champion
3 Time Best Boxer
US Tae Kwan Do Champion

Abraham's Accomplishments:
World Boxing Champion
World Kickboxing Champion